

STARTING JANUARY 17!

# Chair Yoga for Seniors

Chair yoga is a gentle form of yoga practiced with modified poses while sitting or using a chair for support. This class makes yoga accessible for every person and enhances flexibility, body awareness and control, muscle tone, and breathing habits.

- Tuesdays from 10:30am-11:00am
- Ages 55+
- City Gym (AWCCC)
- FREE



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